

# Cross Country Letter and Permission Form

## **Welcome to cross country at Rudolph Hennig!**

Ravens Athletics is excited to provide our students an opportunity to be involved in junior high athletics. Please read the following information and return this permission form to Miss Cole.



## **Fee:**

The fee to participate in the first race is \$20. This fee includes transportation and organizational fees. School and individual athletic fees need to be paid in full to participate on athletic teams. All fees must be paid or on a payment plan with Mrs. Tomkow ([margaret.tomkow@eips.ca](mailto:margaret.tomkow@eips.ca)) before Sept. 30, 2025. Fees and permission forms will be sent via permission click to those who wish to participate. There will be an additional fee of no more than \$20 for those wishing who advance to zones.

## **Dates:**

EIAA Division 1 Cross Country Meet: October 6, 2025

EIAA Zones Cross Country Meet: October 14, 2025

**\*\*Due to parking restrictions there are NO spectators allowed\*\*\*\***

## **Selecting the team:**

We can take 12 athletes per age category. If more athletes try out for the team than there are spots on the team, there will unfortunately be cuts. Athletes will be selected for the team based on coachability, general skill and attitude. If an athlete made the team last year, they are not guaranteed to make the team this year.

## **Coaches:**

Mrs. Parker ([dawn.parker@eips.ca](mailto:dawn.parker@eips.ca))

## **Equipment:**

Athletes are expected to have closed-toed shoes and participate in athletic clothing.

## **Practices:**

Athletes will have optional practices 1-2 times a week after school.

**Agreement:**

By signing you are agreeing for your student-athlete to participate in cross country and to the information on this form if your athlete makes a team. You are also agreeing to treat all athletes, coaches, fans and referees with respect. Harassment will not be tolerated.

We are looking forward to a great season of cross country. If you have any questions or concerns please contact the athletic director, Autumn Cole ([autumn.cole@eips.ca](mailto:autumn.cole@eips.ca)).

Date: \_\_\_\_\_

Student name (printed): \_\_\_\_\_

Student Age Category:(junior, intermediate, senior) \_\_\_\_\_

- Junior: 2km                      Under the age of 13 as of September 1st 2025
- Intermediate: 3km              Under the age of 14 as of September 1st 2025
- Senior: 3km                      Over 14 as of September 1st 2025

Guardian name (printed): \_\_\_\_\_

Guardian signature: \_\_\_\_\_